



Navy Drug Detection and Deterrence News

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Messages to Share

Below are sample messages that can be shared on social media or as Plan of the Week notes aligned with Navy Drug Detection and Deterrence's substance abuse prevention efforts:

1. Active duty Sailors and Marines use tobacco products at a higher rate than the adult civilian population. November is the Navy and Marine Corps Public Health Center's Tobacco Free Living Month. Find tips to quit in their toolkit at go.usa.gov/xPPJh.
2. As the holiday season is approaching, remember to stay safe with prescription drugs. While visiting family or having guests, mind your meds. Keep them up and safe, and avoid sharing medications with family, friends, or shipmates, even if your symptoms are similar.
3. Regardless of state laws, the use and possession of any form of marijuana is prohibited for military members. Additionally, marijuana is not allowed in on-base or public-private venture (PPV) housing. A positive urinalysis could threaten your career and your military benefits. Protect your career by always ensuring that you are not using illegal substances.
4. Dietary supplements that claim to help suppress appetite or control weight could be unsafe. Eat healthily and in moderation to maintain personal fitness during the holiday season. Learn more about supplements from Human Performance Resource Center's Operation Supplement Safety page at <https://www.opss.org>.

DEFY Program Wins Two DoD Awards

The Drug Education for Youth (DEFY) Program is designed to target military youth while most at-risk, from ages nine through 12, to deter involvement in substance abuse, gangs and crime. The DEFY Program's efforts contribute to Sailors' mission readiness by providing military youth with drug demand reduction education and comprehensive life skills. The skills learned through participation in the DEFY Program allow youth to improve their resiliency and strength and encourage them to be healthy, successful citizens.



DEFY's positive impact on the fleet has not gone unnoticed by the larger Defense community. In the Hall of Heroes at the Pentagon on October 18, DEFY youth were presented two awards recognizing the program's efforts to reduce drug demand and increase awareness of drug risks. Naval Computer & Telecommunications Area Master Station (NCTAMS) Atlantic's DEFY Program won the Secretary of Defense's 28th Annual Community Drug Awareness Award which aims to recognize drug awareness and prevention activities in Department of Defense communities. They also received the Fulcrum Shield Award which recognizes the best Defense-affiliated youth-focused drug awareness and prevention program. Bravo Zulu to DEFY NCTAMS's lead, Dr. Sharon Shaw, and to the entire DEFY team and program participants for being the first DEFY Program to receive both of these DoD awards simultaneously!

DEFY is a yearlong prevention program that deters "at-risk" behaviors by providing youth with the tools they need to resist drugs and develop positive leadership and social skills. The program includes a summer leadership camp where youth participate in activities to promote goal-setting, team-building, conflict resolution and decision-making. NCTAMS's DEFY program is one of over 20 current DEFY sites throughout the fleet. To learn more about the DEFY program and how to become involved in the program or to start a program locally, contact the DEFY program at (901) 874-3300 or visit www.defy.navy.mil.



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Managing Discrepancies

During May 2018, discrepancy codes BB (Bottle leaked in shipment-NOT TESTED) and PL (Package-Leakage noted-NOT TESTED) were applied to many urine specimens and shipping packages sent to the servicing Drug Screening Laboratory (DSL) by commands. As a result, many activities were unable to meet Navy's minimum monthly testing requirements.

The Office of the Under Secretary of Defense (OUSD) released a memorandum on June 20, 2018 which contained laboratory inspection criteria and guidance in applying the BB and/or PL codes to applicable urine specimen samples received. OUSD then released a new memorandum on August 9 containing new discrepancy codes: BK (Bottle Leaked in Shipment-Tested), PH (Package Leakage Noted-Tested) and PI (Improperly Packaged-Tested). These codes replaced the BB and PL discrepancy codes. The inspection criteria and guidance detailed in the June 20 memo still apply. The new discrepancy codes resulted in more samples being tested unless a non-testable code was assigned to the same bottle.

Due to these circumstances, Navy Drug Detection and Deterrence Office (OPNAV N170D) began conducting weekly webinars in August and September and biweekly webinars beginning in October to address discrepancies and how to manage them. The webinars also provide program updates and a way ahead. Upcoming webinars are on November 14 and November 28. If you would like a copy of a past presentation and/or want to be added to notification emails, send a request to the NDSP support desk at MILL_NDSP@NAVY.MIL or call (901) 874-4204 or DSN (312) 882-4204.



At Navy Medical Center San Diego, Hospital Corpsman Gavin Gutierrez-Lopez attempts to walk a straight line while wearing vision impairment goggles, simulating a blood alcohol level of .08 percent, during a safety stand down hosted by the Drug and Alcohol Program Advisor (DAPA) department to combat alcohol and drug incidents prior to the Fourth of July holiday. This upcoming Thanksgiving holiday, remind Sailors to avoid driving while taking prescription drugs that may affect perception such as prescription opioids and to avoid mixing alcohol with them.

Current and Upcoming Events

November DDD Webinars

All webinars are scheduled for 1000-1130 CT and 1700-1830 CT

14—Web DTP & DTP Lite (Replacing NDSP)

28—Prevention for the Holidays (NDSP)

To join, log on at go.usa.gov/xPPS2.

ADAMS for Leaders, DAPA, UPC and Drug Aware Courses

Can be accessed using your CAC by logging in to My Navy Portal (MNP) at my.navy.mil.

NMCPHC Tobacco Free Living Month November

Find the toolkit at go.usa.gov/xPPJh.

Great American Smoke-Out November 15

Learn more about quitting at smokefree.gov.

Impaired Driving Prevention Month December

Find the toolkit go.usa.gov/xPPS5.

Substances and Suicide Risk

November 17 is International Survivors of Suicide Loss Day. A 2017 Columbia University study found that over half of U.S. adults know someone who has died by suicide, and suicide rates have increased across gender and geographic lines over the past two decades. More than half of suicides and attempts involve drugs—especially prescription—and alcohol.

White male junior enlisted service members under age 25 are at an increased risk for self-harm. 2010-2016 data indicate that nearly half of those who died by suicide experienced a failed intimate relationship within the previous 90 days. Most had not previously communicated potential for self-harm nor did they have a history of a behavioral health or substance use disorder.

No single factor leads a person to suicide, but many experts believe Americans' increased sense of disconnectedness as well as men's negative perceptions of help-seeking and use of substances to self-medicate may increase risk. Seeking help the first time one considers suicide increases likelihood of recovery and decreases likelihood of future attempts.

If you or someone you know needs help, call the National Suicide Prevention Lifeline at 1-800-273-8255.

